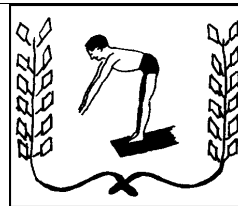


SWIMMER
INTEREST BADGE


Date Passed _____ Signed _____

1. Have passed the Swimming Scoutcraft Badge or complete all the requirements for it. _____ 1
2. Swim 250 metres in any overarm or crawl style. _____ 2
3. Swim the following using the correct style:
 - a) 50 metres backstroke
 - b) 50 metres breaststroke
 - c) 50 metres butterfly
 - d) 50 metres lifesaving kick. _____ 3
4. Swim at least one kilometre using any stroke or combination of strokes. _____ 4
5. Perform the following dives:
 - a) racing dive from the edge of the pool;
 - b) neat dive from a springboard. _____ 5
6. Satisfy the examiner that you are capable of instructing a non-swimmer in the basic principles of swimming. _____ 6
7. Explain to the examiner the safety rules and regulations governing swimming in the sea, lakes, dams and rivers. _____ 7